

# The Carbon Chronicle

VOLUME 39: No. 5

ACME, ALBERTA, THURSDAY

MARCH 3rd, 1960

 Authorized as Second Class Mail, Post Office Department, Ottawa: \$1.50 a Year; 5c a Copy  
 \$1.50 a Year; 5c a copy


There have been so many new telephones installed recently, which puts the Carbon office in a different category so the company has been making some changes in methods and staff. Lois Ginther, as chief operator will be on duty each day to help and assist you with your calls. Mrs. Gimbel, as relief operator will be on duty two afternoons a week. Mrs. MacAlpine is just supposed to act as an agent should, but as she has been relieved of so many duties she says she feels lost. She will be night operator and sometimes a spare so will still be used.

Mrs. G. Trepanier returned home on Wed. evening after spending the past two weeks at the home of her son and daughter-in-law and family. Mr. and Mrs. Leo Trepanier at Sutherland, also with her brother at Medicine Hat.

Mrs. Dennis Borgstrom and baby Darcy are visiting at the home of her parents Mr. and Mrs. James Bushby.

Mr. and Mrs. E. Grenier returned home after a recent tour of the States and the West Coast.

A very beautiful shower was held for bride elect of this month Shirley Schacher in the Carbon Scout Hall. The hall was tastefully decorated and M.C. for the evening was Mrs. Phyllis Buyer. The evening was spent in the usual manner. The bride was then escorted with her party by the hostess to a tastefully decorated table where gifts were presented to the guest of honor. Shirley will be married on March 12th at the Carbon Baptist Church. Lunch was served by the hostesses and the evening closed in the usual manner. We wish you every happiness in your new life, home and surroundings, Shirley.

Don't forget this is the last Saturday to enroll as members of our Square Dance Club. More couples are needed, at once if we are to continue, this being part of our recreation program. So folks come out and let's get this off to a good start to be sure it will continue. See J. Appleyard or Dave Pier-son right now. Alright young

## FLOWERS

FOR ANY OCCASION

Nash &amp; Permann

AGENTS for TERRILLS LTD.

## THE CARBON CHRONICLE

 Authorized as Second Class Mail  
 by the Postal Department  
 at Ottawa

MEMBER OF THE C.W.N.A.

Subscription, \$1.50 yr. in Canada

\$2.50 yr. in United States

Published every Thursday

at Acme, Alberta

folks, who started this recreation centre going? Now rally around or it will be stopped.

BORN—To Mr. and Mrs. Garry Iverson (nee Dorothy Hay) a son. Congratulations to parents and grandparents Jim and Alice Cooper.

We are pleased to announce that Dolores Schell has passed her Grade 7 piano in Royal Conservatory of Music in Calgary. Dolores is a pupil of Mrs. Adine Harsch.

Mrs. Gordon Hunt left on Friday by plane for a three months visit with her parents at Cumberland, England.

Constable Art Hoivik left on Wed. morning to return to Prince George, B.C. where he is stationed with the R.C.M.P.

Mr. and Mrs. Frank Ginther and family have taken up residence in the Mabel White house, Mrs. Ginther having accepted a position with the A. G.T. in Carbon.

Hospital patients include J. Forsch in Calgary; Mrs. C. O. Martin and Alf Gibson in Three Hills, and Mrs. Van Loon, Mrs. Alberta Bramley and Mrs. E. Maxwell in Drumheller.

## BASKETBALL BOUNCE

Carbon Girls and Carbon Boys journeyed to Torrington Thursday night and came home with a victory each.

The Carbon Girls range from Grade 7 to 10 and although the Torrington Girls took in Grade 12 and had a great advantage in strength and height the Carbonites were stronger in knowledge and will to win.

Sharp shooters for Carbon were Lorraine Holmes with 17 points (8 field shots and one charity); Dolores Schell (5 from the field) for 10 points; Sharon Teitz, 6 points, Elaine Charlebois 4, Jane Morel 4, Donna Pallesen 2, Carol Downes 2, Vi Morel 2. Betty Graff and Joan Guynn had a night off on the scoring but their defensive work was terrific. The spirit and the drive that the girls showed was worth seeing. Carbon Girls 47, Torrington 8.

Carbon Boys 66, Torrington 21

The score which the boys had was no indication of the play. The older club from Torrington had beautiful pass plays but the Carbon boys fought hard and broke up play after play and capitalized on every breakaway. Bud Goacher and Duke Diede really stole the ball from the Torrington lads. I think their arms are 12 feet long. Duke Diede was (top sharpie) for Carbon with 16 points, Buck McCracken 15 pts. Bernie Stubbart 14 points, Bud Goacher (old smoothie) 13 pts., Guard Harvey Harsch 6, Lloyd Esau 2, Garry Barber 2, Larry Ohlhauser, Rod Ponech and Charlie King had no opportunities to drop the leather through the hoop. Reinnie Bauer handled the game very well and that makes the game better for everyone concerned.

Folks drop into our games and you parents are welcome to come to the practices and

see how your children are being handled. Give them more of your time and less of your money! Next game March 10 at 7 p.m. Two games.

## GAMBLE NEWS

Mrs. Charlie Martin, Mr. Alf Gibson and Mr. Bill White are patients in the Three Hills hospital. We wish them a speedy recovery and hope to see them up and around again very soon.

Mr. Buddy Anderson, who has been taking treatments at the U. of A. Hospital in Edmonton, is expected home this week.

Tommy McIntosh along with several other Carbon students attended "Open House" at the University campus in Edmonton from Thursday to Saturday of last week. They were treated to a very enjoyable time.

Miss Bertha Bishop is in Three Hills visiting friends and relatives for a few weeks.

Home from Prince George where he is stationed with the R.C.M.P., Arthur Hoivik spent Sunday at the home of Mr. and Mrs. P. Larsen.

Mr. and Mrs. Jim Snell, Mrs.

Edna Gibson, Mrs. Freda Rempfer and Russell Snell are all much better again after having had the 'uu this past week.

Mr. and Mrs. John Wood and boys were out from Calgary over the weekend and visited at the George Appleyard home.

Mel MacIntosh, Don and Ray Hansen were among High School students who took part in the Drumheller Bonspiel.

Little Garry Hannah of Drumheller visited his cousin Bobby Graff.

Caroline Sigmund was home from Olds recently visiting her parents Mr. and Mrs. Art Sigmund.

Both Edith and Gilbert Giesbrecht spent the weekend with their parents Mr. and Mrs. Aaron Giesbrecht.

## LONG YEARS AGO

By H.M.I.

13

These articles have been more or less disjointed, as I have written as memories have occurred, and so far only of things that I have personally known of.

However, on this occasion I am going to mention some-

thing that I heard of occurring in the Hesketh district years ago—before I arrived.

On a large farm south of Hesketh worked a man that I shall call "Bill".

Now Bill was in love with "Mary" and on different occasions bought her boxes of chocolates, which was nice of Bill and lovely for Mary as I have no doubt that they helped her to put on weight. However, certain of the other men working on that same farm decided to have a little fun, so, on one occasion when Bill was absent, they very carefully opened up one of these boxes of chocolates, took out all chocolates that were covered with silver paper, unwrapped them and substituted cubes of raw potato.

I understand that the bride-to-be gave the bridegroom-to-be quite a tacking off.

Now in the Hesketh district was a man who was known as "Jigs" and Jigs was the Hesketh correspondent for the Carbon Chronicle, and furthermore he was more or less at loggerheads with Bill.

Bill and Mary eventually became married and Jigs made good(?) use of the opportunity, for in his account of the wedding he mentioned that the bridegroom wore a three piece Continued on back page



# The Red Cross is on the Job

And you are there too—through your financial support. It is your help that keeps the Red Cross on the job—active and strong to carry on its many humanitarian endeavours.

With your help in 1960 the Canadian Red Cross will continue to serve this community, this province and this nation. When help is needed in distant lands you know the Red Cross will be on the job!

Money alone cannot buy the many services and programmes provided by the Red Cross. Combine it with the voluntary effort of millions of Canadians, and the Red Cross will be able to meet its round-the-clock demands. You can do your share by giving a generous donation when a volunteer Red Cross canvasser calls on you. If you are not at home when the canvasser calls, please send your contribution to the address below.

Serve again by giving to the  
**RED CROSS**

Carbon Headquarters:  
 S. F. Torrance Office, phone 9



## CLASSIFIED

### Canadian Weekly Features

Phone JO 8-1681

1110 Scarth St. — Regina, Sask.

#### MISC. ARTICLES FOR SALE

##### HOME-EASE HEATING

The place for used oil, electric, propane, and natural gas equipment.

1555 Albert, Regina — JO 8-1155.  
816 Broadway, Saskatoon — 1112-1661

USED OIL TURNAROUNDS, BARGAIN prices. Turnaround Ltd., Box 1665 or 215 East 10th Avenue, Regina, Sask., Phone LA 7-0625.

WATER WELLS BORED OR Cleaned. Will move any place. Steady Bros., Estlin, Sask.

GARLIC AND PARSLEY TABLETS. Lactose Coated, 100 for \$1.50 postpaid. Free catalogue of herbal remedies, vitamins and hygiene supplies. United Distributors, Dept. CW, Box 573, Adelaide P.O., Toronto, Ontario.

2 USED AIR CONDITIONED OIL. Furnaces with tanks and controls. \$175.00 each. Excellent. Apply Jacob Chlebow, Preeceville, Sask.

FOR SALE CANADIAN SNOW DOZER to 35 MHP Tractor \$150. O. A. Sanders, Ansonia, Sask.

#### PERSONAL

##### PRESCRIPTION MAIL ORDER SERVICE

We mail your prescriptions the same day we receive them. Patent medicines, cosmetics and veterinary supplies may be included. For prompt service write to:

Pepper's Drug Store  
2020 11th Avenue Regina, Sask.

MAKE YOUR OWN WILL. Protect family. Legal form, complete instructions, \$1.00. Box 256, Battleford, Sask.

DO YOU WISH TO FURTHER YOUR Education? For advice and information write Adult Education Division, Administration Bldg., Regina, Sask.

1 ADDED CLARKE'S PILLS QUININE capsules. Send \$5.00. Liverpool Pharmacy, Winnipeg.

#### INSTRUCTION

EARN MORE! BOOKKEEPING, Salesmanship, Shorthand, Typewriting, etc. Lessons 50c. Ask for free circular No. 35, Canadian Correspondence Courses, 1290 Bay St., Toronto.

##### Comptometer Instruction

THE COMPTOMETER SCHOOL. — Want a quick start in business? Earn an excellent salary. Write for new school brochure, 1861 Scarth St., Regina, Sask.

THE COMPTOMETER SCHOOL. — Want a quick start in business? Earn an excellent salary. Write for new school brochure, 1861 Scarth St., Regina, Sask.

#### NURSING SCHOOLS

EARN TO \$65 WEEK AS PRACTICAL Nurse. Learn quickly at home. No high school necessary; no age limit. Write for free booklet, lesson samples. Post Graduate School of Nursing, Room 51229, 131 S. Wabash, Chicago.

#### BUSINESS OPPORTUNITIES

WANT A BUSINESS OF YOUR OWN? Dealers can obtain financial assistance for Service Station and Bulk Station construction throughout Saskatchewan. Quality products. Western Oil Co., Box 26, Moose Jaw, Sask.

FOR SALE: REGINA DOUGHNUT Shop. Ideal family business. Good potentials. Over \$10,000 in stock and equipment. Will consider any reasonable cash offer or \$3,000 cash and take over \$2,000 equipment contract payable \$175 monthly, balance on easiest terms. Owner has other interests but will assist new owner getting established. Write 3408 Hill Avenue, Regina or phone LA 7-1075.

##### PHOTO FINISHING

FARMERS STUDIO, DEPT. A, SASKATOON. Printed Album Prints, 8 exposure roll 29c, 12 exposure roll 59c. Reprints 10c. Satisfaction Guaranteed. Mail your black and white and color film to Farmers.

#### POULTRY, EGGS WANTED

##### FRESH EGGS

Grade A1 .... 15c Grade B .... 11c  
Grade A2 .... 13c Grade C .... 8c  
Grade AS .... 10c Cracks .... 8c

All prices on Eggs F.O.B. Regina, subject to change without notice.

W. J. SHARPE & CO., LTD.  
1235 BROAD STREET, REGINA  
Phone JO 9-2589

##### POULTRY

The Co-op Creameries operates poultry processing plants in order to secure top prices for its members. BEFORE shipping poultry contact your closest Co-op Creamery branch. They will make arrangements for you and supply crates. AVOID LOSS — arrange in advance.

SASKATCHEWAN CO-OPERATIVE CREAMERY ASSOCIATION LTD.

**SHUR-GAIN CANADA PACKERS LIMITED**  
8th and ROSE REGINA

Egg Paying Prices F.O.B. Regina  
A Large .... 16c Bee ..... 12c  
A Medium .... 13c Cee ..... 8c  
A Small .... 10c Crax ..... 8c

—Poultry Bought Year Round—  
Full Line Famous Shur-Gain Feeds  
Prices on Request  
For Greater Returns—Feed Shur-Gain  
PHONE JO 9-2511

##### LIVESTOCK

REGISTERED SHORTHORN, HEREFORD Bulls, Suffolk, Hampshire, Southdown, Cheviot Rams, Ewes, Landrace Swine. Good Stock Farm. Used Machinery. Will take grain or what have you. Can deliver. William Runte, Wetaskiwin, Alberta.

#### NEW ZEALAND'S LAMBS

New Zealand's lamb crop will approximate 30 million head, half of which will be exported. Last year New Zealand exported nearly 16 million pounds of lamb to Canada.

#### FARMS AND HOUSES

MANY GOOD FARMS FOR SALE. Also revenue houses and bungalows for sale or rent. Goughie Realty, 1751 Oster, Regina, Sask.

#### TANK CLEANING

SEPTIC TANK CLEANING, ETC. Throughout Saskatchewan — reasonable rates. Acme Sewage Services, 1801 Lacom Street, Regina, Phone LA 3-8851.

#### WELDING

SYMONS' SPECIALIZED SERVICES. Cream Separator Repairing, Refitting, Disc re-spacing, Retinning, Spouts, Bowls, Spindles, Bearings, Re-bushing, Threads, Rebalancing. Make your Separator good again.

ROCANVILLE, Saskatchewan,  
O. Drawer 118, Telephone 26 and 62

#### COINS, STAMPS

COINS WANTED. PAY HIGHEST prices. 1960 Coin Catalogue 25c. Gary's (9), 2910 Jasper, Edmonton, Alta.

#### BOOKS

2,000 TITLES OF BOOKS, 10c EACH. Catalogue 10c. Box 793, Elm Fork, Man.

#### AUTO AND TRUCK SUPPLY

##### MAGNETO REPAIRS

Sales and service for all leading makes of tractor and stationary magneto; also Briggs & Stratton and Johnson engines. Electrical repairs and rewinding. Complete stock of parts.

DIESEL FUEL PUMP SERVICE AND REPAIRS  
ELECTRIC MOTOR SERVICE  
1234 Scarth St., Ph. JO 9-5464, Regina

##### PET STOCK FOR SALE

BEAUTIFUL REGISTERED German Shepherd. Excellent watchdogs. Good temperament. Dorothea Fosehu, Kronau, Sask.

#### FISH

Guaranteed fresh frozen extra large Round Mulletts ..... \$ 3.00 cwt.  
Choice headless Mulletts ..... \$ 3.50 cwt.  
Extra big Jumbo Mulletts ..... \$ 4.00 cwt.  
Fancy Dressed Headless Mulletts ..... \$ 4.00 cwt.  
Select large Round Jackfish ..... \$ 7.50 cwt.  
Choice Headless Jackfish ..... \$ 8.50 cwt.  
Fancy Dressed Headless Jackfish ..... \$10.00 cwt.  
Nice Round Tullibee ..... \$ 7.50 cwt.  
Large Buffalo Fish ..... \$ 7.00 cwt.  
Select Carp Fish ..... \$ 6.00 cwt.  
Good quality Round Bass ..... \$10.00 cwt.  
Select Round Perch ..... \$16.00 cwt.  
Choice Dressed Headless Bass ..... \$12.00 cwt.  
Large Dressed Whitefish ..... \$20.00 cwt.  
Fish Scraps for Chicken Feed ..... \$ 1.25 cwt.  
Our fish always fresh caught daily. Fish shipped same day as order received.

STEVE S. SASS,  
Winnipegosis, Man.  
PHONE OLDFIELD 6-4632

#### RELIGIOUS GOODS

Catholic Prayerbooks, Bibles, Rosaries and all other religious articles. Write for Catalogue and FREE GIFT. Dept. SWF.

BURNS HANLEY COMPANY  
1863 Cornwall Street, REGINA, Sask.

#### INCOME TAX RETURNS

SASKATCHEWAN FARMERS AND Rural Businesses Let Us do your income tax work and accounting. A Phone Call or letter will bring you expert advice anywhere in Saskatchewan. Interprovincial Accounting Sask. Ltd., 205 Somerset Bldg., Regina, Sask. Phone LA 5-4505.

#### MUSICAL REPAIRS

BILL'S MUSICAL REPAIRS — WE specialize in repairing all musical instruments. Lacquer refinishing, etc. 2025 Pasqua Street, Regina, Sask. Phone LA 2-1082.

#### READ THE CLASSIFIED



#### COOK PORK SHOULDER FRENCH CANADIAN STYLE

Next time you buy a shoulder roast of pork try cooking it this way, on top of the stove, instead of in the oven.

Remove rind, if any, then brown meat well on all sides in its own fat in a heavy kettle or Dutch oven. Make deep slits in the fat surface and insert slivers of garlic. Cover with onion slices and season with salt and pepper.

Cover and cook slowly 30 to 35 minutes per pound (about 2 hours for a 4-pound roast). Turn meat during cooking and, if necessary, add 2 to 3 tablespoons of water to prevent scorching.

If desired, cook whole, peeled potatoes around the roast during the last hour of the cooking time.

#### THE CANDY DISH

The candy dish is almost as hard to keep filled as the cookie jar—but fortunately just as much fun too! For reserve energy a busy day, as a treat for chores well done or for a soda party as shown here, these Fudgmallows and Carmallows are confections that stand high on our list of sweet favorites. The big puffy marshmallows are dipped in a caramel sauce—just like you use for apples—or a fudge sauce made from a bag of fudge candy, and rolled in chopped nuts. They're chewy, and oh so good!

##### CARMALLOWS

28 caramels  
24 jet-puffed marshmallows  
2 tblspns. water

Mix the caramels with water in double boiler or over low heat, stirring often until smooth. Drop the marshmallows, one at a time, into hot sauce and turn with a fork until covered. Chill on well greased baking sheet a few minutes until firm.

For an extra special treat, roll immediately in chopped nuts before chilling.

##### FUDGMALLOWS

28 pces. chocolate fudge candy  
1 tblspn. water

24 jet-puffed marshmallows  
Melt the fudge with water in double boiler or over low heat, stirring often until smooth, and complete as directed for Carmallows.

Platinum is an excellent conductor of electricity.

## Hats off to this cool'n dainty LEMON LAYER CAKE

Sift together  
2½ c. once-sifted pastry flour  
or 1½ c. once-sifted all-purpose flour  
3 tsps. Magic Baking Powder  
1 tsp. salt  
Cream  
½ c. butter or Blue Bonnet Margarine  
Blend in  
¾ c. granulated sugar  
1 tbsp. grated lemon rind  
Combine  
1 c. milk  
1 tsp. vanilla

Beat until stiff but not dry  
4 egg whites (at room temp.)  
Gradually beat in  
¾ c. granulated sugar

Add dry ingredients to creamed mixture alternately with milk; fold in meringue. Turn into two 8" round layer cake pans which have been greased and lined in bottom with greased waxed paper. Bake in mod. hot oven, 375°, 25 to 30 mins. Stand on racks 10 mins., then turn out cakes; cool.  
Split cold cakes; put 4 layers together with Lemon Filling. Top with whipped cream or a sprinkle of icing sugar.  
LEMON FILLING: Combine ¾ c. gran. sugar, 6 tsps. flour, ¼ tsp. salt; stir in 1½ c. boiling water. Cook, stirring, until boiling; simmer 1 min., stirring.  
Stir into 4 slightly-beaten egg yolks. Cook, stirring, until very thick. Stir in 1 tbsp. butter or margarine, 1 tbsp. grated lemon rind, ¼ c. lemon juice. Cool.



You'll serve it with pride when you say—  
"I made it myself—with Magic!"

## Now — save 10% on round-trip to Europe

- Round-trip reductions on Thrift Season sailings
- 275 pounds free baggage allowance
- Stabilizers for smooth sailing
- Dancing, parties, movies
- Gourmet cuisine
- Transportation — Plus Extra Vacation

See Your Local Agent —  
No One Can Serve You Better

201 Toronto-Dominion Bank Bldg.,  
215 Portage Ave., Winnipeg, Man.  
Phone: Whitehall 2-4206

# GO CUNARD

Offices at: Halifax — Saint John — Quebec  
Montreal — Toronto — Winnipeg — Edmonton — Vancouver



#### WINTER SAILINGS

	From New York	From Halifax	To
SYLVANIA	FEB. 11	FEB. 12	COBH, LIVERPOOL
QUEEN MARY	FEB. 18	—	CHERBOURG, SOUTHAMPTON
SAXONIA	FEB. 18	FEB. 19	HAYRE, LONDON (Tilbury)
PARTHIA	FEB. 19	—	LIVERPOOL
CARINTHIA	FEB. 26	FEB. 27	COBH, LIVERPOOL
IVERNIA	MAR. 3	MAR. 4	HAYRE, LONDON (Tilbury)
MEDIA	MAR. 4	—	LIVERPOOL via Bermuda
QUEEN MARY	MAR. 5	—	CHERBOURG, SOUTHAMPTON





MAJOR D. O. R. KEARNS

## ARMY CLOTHING DESIGNED ON ESKIMO PRINCIPLES

Hudson, Abraham and Kelsey, among early explorers in this region, 610 miles north of Winnipeg, faced a constant challenge from bitter cold some 300 years ago. Today, Major D. O. R. "Deb" Kearns, an officer of The Princess Patricia's Canadian Light Infantry, faces the same bleak and relentless weather—colder here in January than the North Pole.

A tall, rangy officer with some 28 years' military service, Maj. Kearns, as chief instructor of the Army's Arctic Training Wing, trains men to live, move and fight in the most bitter weather. The 45-year-old native of Calgary took his first Arctic training in 1947 and has been with it off and on ever since. In April he completes his fourth winter on the rim of the Arctic and wants to continue with his task until retirement in 1963.

He doesn't profess to have faced the same hardships of earlier times, thanks to modern technology which provides excellent Arctic clothing and northern ration packs with a high caloric content about double that of an ordinary person's intake. Army clothing is designed on Eskimo principles of dressing in layers of loose clothing with air space between.

Maj. Kearns says the work of his group of six specially selected and trained Arctic instructors is with minds as well as bodies. Great importance is placed on leadership because men in this climate are always unconsciously fighting the intense cold. In early training soldiers are taught that

"Know how" and the "right attitude" are main keys to survival.

In his group are Lt. Ray MacDuff of Montreal, a French-Canadian officer of The Royal 22nd Regiment despite the Scots name, and Sgt. Russ Sinclair, Royal Canadian Horse Artillery, of Lestock, Sask., both completing their third winter here. Sgt. Roger Jackson, Royal 22nd Regiment, of Sherbrooke, Que., and Sgt. Allen Erfurt, Princess Patricia's Canadian Light Infantry, of Regina, instruct here during the winter season only, the third year for Jackson. In the first of at least two years duty here are Capt. Ivan Wright, Royal 22nd Regiment, of Lloydminster, Sask., and London, Ont., and WO2 Harold Larson, Princess Patricia's Canadian Light Infantry, of Victoria, B.C.

The 500 soldiers trained here each year soon learn it is better to be a little cold all the time, as overheating and perspiration soaks clothing and freezes. With severe cold sapping strength, green troops are slowly conditioned to the rigours of the north. Instruction in unheated classrooms is followed by an initial shakedown on the barrens, errors being corrected and advanced techniques taught before students again face the windswept tundra for longer periods of deep freeze living.

It is with pride that Maj. Kearns says, "Men are taught to look after themselves and we haven't had any serious incident or fatality involving people lost on the tundra." In 10-men tent groups or in snow shelters, asphyxiation is a danger

## Florentines wear jewelry in hair

Necklaces, earrings, bracelets and brooches are old hat if worn in the usual places.

Florentine society girls are wearing most types of jewelry in their hair.

"I take any favorite charm bracelet, push a hairpin or bobby pin through the last loop at each end and stick the pins into my hair," said Bibi di Pollensa. "The bracelet crosses my forehead at the hairline, and the little charms dance when I move or talk."

For special occasions, she wears her grandmother's hand-painted brooch the same way. "I hang it on a little strip of gray velvet ribbon that is the exact color of my eyes," she added.

Bracelets are being worn to hold pony tails.

Round chignons, real or false and worn either on top of the head or at the back, are adorned with old necklaces. A pearl choker encircling a rather large chignon is especially popular.

Particularly popular is the old-fashioned gold ring tied with a little ribbon bow and fastened to the temple with a hidden bobby pin.

## PREVENT MENTAL SICKNESS TOO!

Today, most people know that it is more important to prevent sickness than it is to treat people after illness strikes them. This is just as true for sickness of mental origin as for sickness from physical causes. When you support the Canadian Mental Health Association you support research that's trying to find how to prevent mental suffering.

and normally the men take turns staying awake to poke out condensation which forms and occasionally closes air vents. Small cooker stoves are filled and lit in the open.

Frost-bite, another hazard faced by men working in the cold, is solved by the Army's "buddy" system where men are paired off to check each other for white patches — frost-bite's first symptom. "Frost-bite" is actually like a burn and it is important to prevent it as much as possible," according to Maj. Kearns. "When it appears, the old snow-rubbing remedy is not used, rather the man brings warmth to the spot by turning against the wind to trap warm breath in his bare hand and applying it to the face." A second method taught is to generate heat by gently stroking the face with a fur square sewn on the back of outer-mitts.

For a man who has served in many European countries and across Canada it is difficult to determine why Maj. Kearns wants to be a part of the north, at least for the next few years, and he is not sure of the reasons himself. His wife, Kay, and three children are happy here but are not completely sold on the north. His son, Patrick, is in his final year at the Royal Military College, Kingston; and the rest of his family look forward to occasional excursions to "lower" Canada.



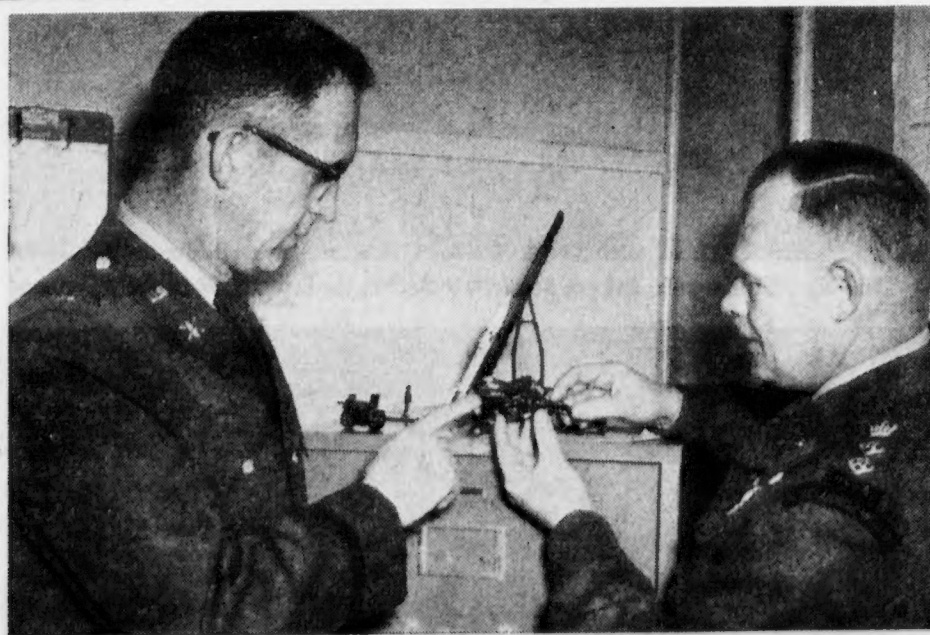
**ARCTIC INSTRUCTOR**—Sgt. Russ Sinclair of Lestock, Sask., is completing his third year as an instructor at the Army's Arctic Training Wing at Fort Churchill, Man. One of a small group of Army personnel considered to be an Arctic expert, he has helped train more than 1,200 soldiers to live, move and fight in the far north.

—National Defence photo.



**ARCTIC MISSILEMAN** — Bombardier Verne R. Miller of Humboldt, Sask., is one of a group of Canadian and American soldiers working in sub-zero temperatures at Fort Churchill, Man., as they carry out a series of cold weather trials on the U.S. Army's guided missile, the LACROSSE. Tests, designed to demonstrate the operation of the surface-to-surface field army missile system under Arctic conditions, are being conducted on the bleak, frozen tundra 20 miles out of the Canadian Joint Services Station located 610 miles north of Winnipeg during January and February.

—National Defence photo.



**EXAMINE SCALE MODEL**—Colonel J. J. Kenney, left, Senior U.S. Army Standardization Representative at Army Headquarters in Ottawa, examines a scale model of a 25 pounder held by Colonel J. W. D. Symons, Commandant of the Royal Canadian School of Artillery during a visit to Camp Shilo on January 20th and 21st.

—National Defence photo.



**ARCTIC MISSILEMAN**—Canadian and United States soldiers are working in sub-zero temperatures at Fort Churchill, Manitoba, as they carry out a series of cold weather trials of the U.S. Army guided missile, the LACROSSE. Tests on the surface-to-surface field army missile system are designed to demonstrate the operation of the weapon under Arctic conditions. Captain W. M. J. (Wes) Wolfe of Yorkton, Sask., is the administrative officer for the Canadian missile tests team. He was formerly stationed with the Artillery at Picton, Ont.

—National Defence photo.



## *Insulin's Co-Discoverer* **Dr. Charles H. Best**



The lives of 18 million diabetics throughout the world have been saved and lengthened because of the dramatic discovery of insulin in 1921 by the youthful Canadian research team of Frederick Banting and Charles Best. Bold vision, uncompromising intellect and devoted teamwork combined to conquer a hitherto fatal disease and a new era in medical research was begun. Dr. Best, a dedicated science graduate of 23 at the time he worked on the great experiment which resulted in the isolation of the hormone insulin and the demonstration that it could be used to control the blood sugar content of diabetic patients, went on to become a world authority on insulin and an eventful career in the realm of scientific research which has brought him a battery of honours and awards unparalleled in Canadian medical history. Born in Maine, U.S.A., in 1899, the son of native Nova Scotians (whose ancestors came from England at the time of the founding of Halifax in 1749) Charles Herbert Best entered the University of Toronto in 1916 receiving his first in a long series of academic degrees in 1921. He has been honoured by 19 Universities in the Western world, among them the Universities of Paris, Amsterdam, Edinburgh, Melbourne, Uruguay, Chile and Peru. His distinctions range from the first Canadian fellowship in the Pontifical Academy of Scientists (limited to a membership of 60 scientists throughout the world) to first honorary president of the Canadian Diabetic Association and honorary Admiral of the Texas Navy. Dr. Best served in the artillery in the first world war and as director of medical research for the Canadian navy in the second world war. For his work on a method of drying and storing blood for military purposes he was created a Commander of the British Empire in 1944.



A man of impressive vigour and charm, Dr. Best has endeared himself to his colleagues and to the hosts of students attracted to his laboratory. Above, at his Nassagaweya farm with 8-months-old grandson Charles Stewart Best.



After a busy day, Dr. Best leaves the Charles H. Best Institute of Physiology which he has headed since its opening in 1953. In addition to research on insulin and diabetes the Institute is engaged in projects on cancer, thrombosis and liver damage.

**YOUNG IDEAS**  
*from*  
**Polly Ponds**

**Q** "I'm thirteen and would like to start wearing make-up. Do you think my mother would approve?"

**A.** That depends on you. She has every right ~~not~~ to approve if you plaster too many cosmetics on your fresh young face. Badly handled make-up can ruin the appearance you want to improve.

If you want to look prettier, start with a neat new hairdo that's both smart and easy to keep. Use a naturally pink lip-stick--but when you apply it, follow your natural lip line, don't try to invent a new mouth.

Save a darker, naturally red lipstick for special parties--ditto a sheer compressed powder matched to your own skin tones to keep the shine off your nose. Nails should be tinted palest pink--eyebrows neatly brushed--hair clean, combed and gleaming. Remember the height of sophistication is to underplay, not overdo, your make-up--and you'll be a better looking girl for it!

© Ponds Good Grooming Service



With his wife, Margaret, and pet poodle "Dochel" in the living room of their Toronto home.



In the lab, with Dr. G. R. Williams, he checks one of many experiments being conducted at Best Institute.





BY DAVID SPURGEON

Published for THE HEART FOUNDATIONS OF CANADA by The Globe and Mail

## Hypertension studies show many factors involved

At the end of a dim corridor in Montreal's venerable Hotel-Dieu Hospital, a cluster of people daily sit waiting for doctors, on straight-backed chairs and old-fashioned white wooden benches.

They are an oddly assorted group—young and old, rich and poor, humble and exalted—yet all have something in common. They suffer from the condition doctors call hypertension, commonly known as high blood pressure.

And despite the austerity of the surroundings, they are lucky to be there: They are patients of the largest and probably the best organized hypertension clinic in the country. Few clinics anywhere else are making such an intensive study of this obscure yet ubiquitous disease.

Some cases of hypertension have specific, known causes. But the causes of most cases are unknown. It is of great importance to find the causes, because sustained high blood pressure places great strain on the heart and may be a serious threat to life and health.

To do so, and to understand the course of the disease and methods of treating it, both clinical and laboratory research are required. Hotel Dieu carries out both kinds of research in its clinical research department, which is under the direction of Dr. Jacques Genest.

Patients referred to the hospital's hypertension clinic are first put into hospital for four or five days. Their medical history is obtained, various tests are administered, and blood pressure readings are taken hourly.

These repeated readings serve a definite purpose: They show how the patient responds to rest. Says Dr. Genest: "A rapid fall in blood pressure after the first few days in the hospital indicates in most cases the relief of an anxiety state and points to the necessity of exploring further the psychosomatic and demotional aspects."

After release from hospital, patients show up weekly at the out-

# THE HEART STORY

patient clinic. Later, as their condition is controlled, they come only perhaps once a month.

As out-patients, they come by appointment to the room at the end of the tunnel. Four National Research Council physicians, a staff fellow and Dr. Genest himself see 50 to 70 patients each clinic day.

When their names are called, patients enter a clinic room and have their blood pressure taken by a nurse. The nurse, who knows each patient personally as well as the doctor does, chats with them to find out how they've been since their previous visit.

Then the patient is sent to one of the doctors, who again takes blood pressure and notes on the patient's condition. Again the repetition serves a purpose. The blood pressure, says Dr. Genest, is often lower when it is taken by a nurse. And the doctor can determine if the patient is hiding details from him by checking with the nurse's account of the patient's condition.

In some cases new drugs for treatment by hypertension are prescribed. Sometimes a diet is arranged. For, while hypertension cannot be cured, Dr. Genest says it is now possible to control 85 to 90 percent of cases.

For research purposes, this clinical work is invaluable. Because everything goes into the patient's record, the progress of the disease and the effects of treatment can be closely followed over a period of many years. In the past six years more than 1,800 patients with hypertension have been followed. Little by little, a picture can be drawn of the mechanism and course of the disease and its modification by treatment.

The patient benefits, too, of course. He gains the advantage of the clinic's accumulated knowledge and he receives individual attention from a well-qualified staff of specialists. Also, a doctor is on call 24 hours a day, and he has only to refer to the records to alter treatment to overcome an emergency.

Meanwhile, in the laboratories, other aspects of the disease are investigated in an attempt to get at the basic causes of hypertension.

The emphasis here shifts from one investigation to another. When researchers are satisfied that the factor they are exploring is not the final factor that may lead them to the answer they are searching for, they move on to another, at the same time publishing their findings for the guidance of others.

For some time, for example, it was thought the basic cause of hypertension might be found through adrenal hormones. Now results obtained indicate that this is only one facet and that the problem is a most complex one. Researchers are turning their attention to substances known as protein polypeptides, especially angiotensin, a hypertensive substance found in experimental renal hypertension.

Clinical and laboratory work is inter-related. The course of the disease and results of treatment can be observed from both in different ways.

When patients leave the out-patients' clinic, they place 25 cents in a cardboard box on the secretary's desk to pay for her salary. Although the drugs they are given are expensive, they are

## A gift of flowering plants



Gift plants such as poinsettia, cyclamen and chrysanthemums flower brilliantly but briefly. Given care, however, the bright blooms will out-last the holiday season. According to G. R. Snyder, technical service manager of C-I-L's Agricultural Chemicals, they can be coaxed to remain in flower for about eight weeks.

The large scarlet or white leaf-like bracts—that's what the botanist calls them—of the poinsettia will cheer your living room for some time if you pay attention to its needs. You must give the plant good light and a temperature of about 65 degrees Fahrenheit. The soil in the pot should be kept moderately moist. If the roots become dry or it is subject to drafts the bottom leaves will turn yellow or fall off.

Cyclamen does best in a slightly cooler location. The temperature should be from 55 to 60 degrees F., and the plant kept well watered. Don't be alarmed if the tuber appears above the soil. This prevents the leaf and flower stems from rotting.

Both these plants require ample feeding. Usually they come well fertilized from the florist's. However, in addition, a dilute solution of water-soluble plant food may be given them every three or four weeks.

Chrysanthemums forced in the greenhouse for gift plants are not as hardy as the outdoor ones that flower in the fall. They need little attention, but usually only last about four weeks.

## 30-Minute Chili

(four or five servings)

- 1/2 pound wieners
- 1/2 cup chopped onion
- 2 tblspns. chp'd green pepper
- 1/2 tspn. chili powder
- 2 tblspns. shortening
- 2 cans (about five cups) kidney beans, dried
- 1 can condensed tomato rice soup
- 1 tspn. vinegar
- 1/2 tspn. Worcestershire sauce
- (a) cut wieners into half-inch slices.
- (b) In skillet, cook wieners, onion, green pepper and chili powder in shortening until wieners are browned.
- (c) Add remaining ingredients. Cover and cook over low heat about 15 minutes, stirring occasionally.

not asked to pay for them if they cannot afford to: Drug manufacturers supply them free of charge. Rich and poor alike receive the same treatment regardless of ability to pay. In 1955 alone, drugs worth \$20,000 were given to the clinic by pharmaceutical firms.



**NEWLY ELECTED** Illustrous Potentate of the Wa-Wa Shrine Temple, Regina, O. M. Paulson, has served the community in numerous capacities. Mr. Paulson has held many offices in Kiwanis including Governor of the Western Canada District of Kiwanis International. A member of Lakeview United Church, Orrin Paulson is also affiliated with the Regina Chamber of Commerce and is General Manager of General Films Limited. Wa-Wa Temple celebrates its Golden Anniversary this year.

## Editorials

from

Canadian Weekly Newspapers

(These are not necessarily the views of the editor of this paper)

## Censorship should be maintained

(The Mercury, Estevan, Sask.)

Considerable comment both favorable and unfavorable has been bandied back and forth concerning a certain moving picture which has been passed by censors in some provinces, passed with changes in others, and turned thumbs down in the remainder.

This particular film was banned in Saskatchewan which brings the whole situation into sharper focus in this province than it possibly does in others. There have been letters in the public press and editorials all presenting arguments for and against the censorship of this picture.

The main argument presented against action taken by the provincial censors is that they have set themselves up as judges of what the public should be permitted to view—thereby taking away from it the right to decide for itself. This the critics claim is interfering with personal freedom.

It is well recognized that there is no definite border line between that which is moral and that which is immoral particularly in the fields of writing and art. That which is immoral in one perspective may be quite moral in another. There is considerable latitude for individual decision.

It must also be recognized that in the interests of public morals it was found necessary to set up censorship boards not only in every province in Canada and in every state in the U.S. but in Hollywood itself in order that limitations could be placed in a moral sense on all pictures produced and shown. To that extent at least the principle of censorship in regard to motion pictures has been accepted as not only wise but necessary.

Now this picture, whose banning has started all the cry about the loss of personal freedom, is hailed as a story about the effect of our 20th century social revolution on the morals of those rising with the social tide.

Because it is that sort of a picture—revealing the sins and omissions which the present age is guilty of in social life—the producers justify its making and showing as a illustration that will shock people into living a better moral life.

This should be taken with a great deal of doubt. While producers have released pictures with good moral and spiritual influence it is very difficult to agree that a picture filled with blatant immorality will be of any value in lifting those qualities to a higher plane.

If such a picture represents an intensive investigation of a certain way of life it may be of service to sociologists. Other than that it becomes a business enterprise solely concerned with earning dollars.

Nothing pleases picture producers more than to have a film stir up public discussion in the field of morals. It is the best advertising they can get. People will go to see it with utmost curiosity.

Many of those who have gone to see the picture in question emphatically say it should be banned. But that means nothing to the producer. He has their money.

This matter of claiming that certain types of motion pictures are within the field of art and therefore cannot be legitimately censored or banned is a lot of poppycock.

The banning of erotic pictures is not the banning of art. It is the banning of a certain disreputable method of collecting money from the public under false pretenses.

★ ★ ★

## On being leaped upon

(The Advance, Renfrew, Ont.)

Do girls really take advantage of bachelors during Leap Year?

Despite the age-old tradition we doubt that very many females actually pop that important question about marriage. Women aren't made that way and they are not educated by their mothers to even think that way. They enjoy being pursued by the right young man but they are not naturally pursuers (not on the surface anyway).

In view of the fact that this is Leap Year and might possibly be a time of danger for some eligible young men, we are offering (free of charge) some pre-marital advice from a post-marital standpoint.

This sort of advice would not be necessary if young men refrained from joining the ranks of married men comparable to the new recruit thrust into the front line) but they do.

First, the expectant husband ought to put his foot down firmly in regard to small details about his future (there is no use giving advice about big decisions for most married men we know have little or no say on matters of importance). Before marriage, a man should be able to have his fiancée guarantee that (a) he will not be served cake mixes, (b) be forced to use small ashtrays or (c) miss his favorite television show. He should be able to choose the type of lawn mower he must push or decide what storm window he puts on first in the fall.

With careful management and insistence (while he can still insist) the prospective husband can ensure that his little bride knows enough about home economics to provide him with fair-to-middling room and board.

So you younger fellows can see that this matrimony business is a pretty fair proposition after all. If you pay attention to such advice as given above you can live an even happier life after the wedding.

Marriage is never as black as it is painted . . . if it was, there wouldn't be thousands of other young fellows like yourself getting married every day. Isn't that right?



Pictured above is a homemade snowplow. It was made by Bob Smiley of Arcola last winter in his spare time. Practically all new material was used. It has a spindle and hub for the fan to rotate on but the other bearings are single race SKT's bearings. It has P.T.O. drive with steel chain and sprockets. Approximate cost \$600.00. It is possible to make such a plow at a much lower price if one has a machine shop to make the sprockets and hubs. By keeping an eye open a lot of material could be gathered during the summer at little or no cost. — Arcola Star-Standard.



## Boston defensemen score most goals

Mainly through the efforts of Doug Mohns, Boston Bruins have the highest-scoring defencemen in the National Hockey League this season. The Boston blueline brigade scored 21 goals and 13 of these were tallied by Mohns.

It must be mentioned, however, that Mohns scored some of these 13 goals while operating as a



left wing. He played a few games in that position during the first half of the season. Other Bruin defencemen to score were Leo Boivin, 4; Bob Armstrong, 3 and Aut Erickson, 1.

The up-and-at 'em Detroit Red Wings ice the second-best defensive scoring unit. The Red Wings defencemen scored 19 goals with Red Kelly and Marcel Pronovost setting the pace with six goals apiece. Warren Godfrey had five and Jimmy Morrison scored two.

### Thrifty sewing



Easy, thrifty apron— $\frac{1}{2}$  yard for top,  $\frac{3}{4}$  yard contrast for band of fabric that looks like gussets. Easy embroidery.

Practical, party pretty, too. Pattern 7394: transfer pattern of apron and three embroidery motifs  $2\frac{1}{2}$  by  $5\frac{1}{2}$  inches; directions.

Send thirty-five cents (coins) for this pattern (stamps cannot be accepted). Print plainly name address, pattern number, to:

Household Arts Department,  
Department P.P.L.,  
60 Front Street, W., Toronto.

New York Rangers' defencemen accounted for 15 of the New York goals. Bill Gadsby leads the Broadway blueline bumpers with seven. John Hanna and Harry Howell each scored three and Jack Bownass notched two. Toronto Maple Leafs paced by the great play of the veteran Allan Stanley had 14 goals scored by defencemen. Stanley scored seven himself. Others to score were Bob Baun, 3; Tim Horton, 2; and Carl Brewer, 2.

The high-flying Montreal Canadiens' defencemen rank fifth in goal scoring with a total of 10 tallies. All-Star Doug Harvey leads with six and is followed by Tom Johnson, 2; Jean-Guy Talbot, 1; Albert Langlois, 1. Chicago's hippety-hop Black Hawks had nine counters notched by their defencemen. Dollard St. Laurent and Pierre Pilote each scored three times. Elmer Vasko scored twice and Al Arbour once.

(These figures were for N.H.L. games up to morning of Jan. 28).

Chicago has lost nine games by one goal—Chicago Black Hawks thirds of the 1959-60 National Hockey League season, the Boston Bruins were engaged in 13 games which were decided by a single goal. The Bruins lost eight of these 13 games while winning five.

Chicago has lost nine games by one goal—Chicago Black Hawks lost nine games by one goal during the first two-thirds of the National Hockey League season. The Hawks were involved in 11 games during that time which were decided by one goal. They won two of these 11 games.

Canadiens and Leafs boast good records—At the two-thirds mark of the 1959-60 N.H.L. season, Toronto Maple Leafs and Montreal Canadiens, show excellent records for winning games by the margin of a single goal. Toronto and Montreal were both engaged in 10 games during that period which were decided by one goal and both clubs ended up winning seven of these 10 tilts.

Detroit wins most games by one goal—Detroit Red Wings won more N.H.L. games by a single goal than any other club. The Red Wings won nine games by one goal in National Hockey League contests played during the first two-thirds of the current season. They lost five games by the same margin during that period.

Rangers lose seven by one—New York Rangers lost seven games by one goal during the first two-thirds of the current National Hockey League season. The Broadway Blues played 11 games that were decided by one goal, winning four and losing seven.

Fonteyne only regular "sans" penalty—Val Fonteyne, rookie forward with the Detroit Red Wings, is the only National Hockey League regular who has not had a penalty this season. Fonteyne has only missed one of the Red Wings games this season.

Belliveau nearing 500 points—Jean Belliveau will no doubt have passed the 500-point mark when this is received. The giant Montreal Canadiens' centre had 498 points during regular scheduled play on the morning of January 28. His 498 points were composed of 238 goals and 260 assists. These figures were all recorded during regular scheduled play and do not include playoff competition. Belliveau had games scheduled on January 28, 30 and 31 and would appear a cinch to pass the 500th point mark during those games.



### The Bible today

Many years ago a young Sufi—a member of a Muslim sect of holy men—was handed a copy of one of the Gospels. Indignantly he tore it to shreds for he had been taught that this Book was false and blasphemous. Later, however, a copy of this same Gospel came to his attention again, and he felt impelled to read it. The reading revolutionized his life. Without ever having seen a Christian Minister or Missionary he said, "It is sufficient, I want to become a Christian." Thus John Sulshan began a pilgrimage of faith that was to take him far. Today he is a Bishop of the Methodist Church in India.

Sunday—Luke 12: 1-12

Monday—Luke 12: 41-59

Tuesday—Luke 13: 1-17

Wednesday—Luke 13: 18-35

Thursday—Luke 14: 25; 15:10

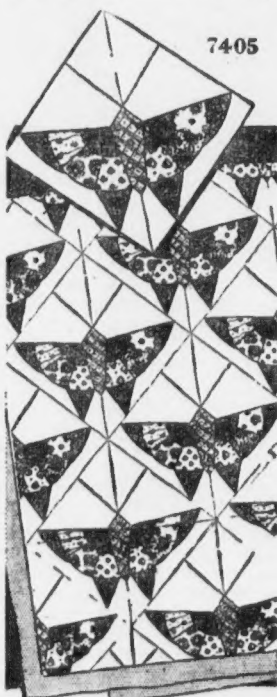
Friday—Luke 16: 1-18

Saturday—Acts 20: 13-35

### Death in the discard

When the medicine cabinet is being cleaned out, old medicines and pills are often discovered. Any of these that are not still in use should be discarded. The contents of bottles, whether liquids or pills, should be flushed away, and the empty bottles or packages placed safely in a refuse container so that children cannot salvage pills and mistakes them for candy or drink the medicines. Many children are made ill by swallowing drugs intended for adults. In some cases, death results. A doctor should always be called in case of these accidents.

### Catch a butterfly



by Alice Brooks

Wake up to colorful, new beauty—bright butterflies alight on your bed. Prize-winning design.

Flight of COLOR! Use gay odds 'n' ends for this butterfly quilt or print-and-plain combination. Pattern 7405: charts; pattern patches; directions.

Send thirty-five cents (coins) for this pattern (stamps cannot be accepted). Please print plainly Name, Address, Pattern Number and send to:

Household Arts,  
Department P.P.L.,  
60 Front Street W., Toronto.



F. C. S. Evans, Q.C.



Ian D. Sinclair

**CANADIAN PACIFIC APPOINTMENT**—F. C. S. Evans, Q.C., is retiring at his own request under the company's pension rules as vice-president and general counsel of Canadian Pacific, N. R. Crump, president, has announced. Ian D. Sinclair, presently general solicitor, succeeded Mr. Evans February 1st. Native of Owen Sound, and graduate of Osgoode Hall in Toronto, Mr. Evans, after service in World War I, engaged in private law practice in Toronto. Prior to joining Canadian Pacific in 1935 he was with the Hydro Electric Power Commission of Ontario in Toronto. He has headed Canadian Pacific's law department since 1947. Mr. Sinclair, born in Winnipeg and arts graduate of Wesley College, graduated in law from the University of Manitoba and engaged in private practice in Winnipeg before joining Canadian Pacific in 1942. He came to Montreal in 1947 and has been associated with major tax and labour cases and with a number of Royal Commissions in recent years. He also appeared before the Air Transport Board in the application of Canadian Pacific Airlines for the right to operate Canadian transcontinental Air services. Currently he is handling Canadian Pacific's case before the Royal Commission on Transportation.

Take the  
"Wraps off"  
Your selling



... put your advertising  
where people ready-to-buy

## MUST SEE IT!

An advertisement can't even begin to sell unless and until it is SEEN by those who are in the market for what is offered for sale. Best way to make sure that your advertisement will be SEEN by the right people at the right time is to advertise in this newspaper. It's all as simple as one-two-three: (1) Folks who want to buy something like to get all the information they can get about what's for sale. (2) They turn naturally to the advertising columns of this paper for a quick comprehensive look at the market. (3) Your advertisement here is never an intrusion or interruption, instead it is exactly what your best prospects are LOOKING for! Take the shortest distance to your largest, most responsive market... via advertising in this newspaper.

**SHOPPING starts in the  
pages of THIS NEWSPAPER**

### Meatless Meal Recipe

#### Pineapple-Pear Salad



#### Pineapple-Pear Salad

Lettuce  
5 slices pineapple  
5 pear halves  
Watercress

Cracker Barrel Brand Canadian  
Cheddar Cheese, shredded  
Kraft French Dressing

On a large serving plate covered with lettuce, place the pineapple slices. On each pineapple slice, place a pear half, cut side up, and fill centers with cheese. Garnish with watercress and serve with French dressing.



# Woman's Way



MADELEINE  
LEVASON

## WHAT COLOR IS A CANADIAN?

As Canada marks its 12th annual observance of Brotherhood Week, the question "What color is a Canadian anyway?" is still a pertinent one. It was first asked by a Canadian of Chinese ancestry who was barred from a private club. It is likely to be asked a good many more times before racial prejudice and discrimination are eliminated from Canadian life.

Hon. Ellen L. Fairclough, minister of citizenship and immigration, referred to it when she formally opened the last Brotherhood Week. Despite tremendous advances, she said, acts of discrimination can still be found in Canadian housing developments, employment offices, resorts, restaurants, barber shops and bathing beaches. "They affect Indians, Orientals, Negroes, Jews, immigrants and — in employment, women and older people."

"Ignorance, fear and pride form the explosive combination that breeds prejudice, Mrs. Fairclough

said. "It is curious, that Indians should be subject to discriminatory practice in the land of their forefathers. We created their problems and their bewildered attempts to conform to our way of life should earn them more sympathy and co-operation."

She pointed out that while the population of Canada in its early days consisted principally of settlers of Anglo-Saxon or French descent, immigration has greatly diversified it in the last half-century. Such diversity should have stimulated our social consciousness, she declared.

"We cannot lead a double life," Mrs. Fairclough argued. Men and women in foreign countries have heard of our democratic ideals. "If we profess democracy, we cannot flirt with discrimination."

Where there is discrimination there can be no brotherhood, she declared. "It is not necessary that minority groups should lose their cultural identity. Indeed, Canada would be the poorer for such a loss. It is important that native-born Canadians appreciate the contributions made by immigrants to the growth, strength and vitality of our country and that they pass such knowledge on to their children."

"The Brotherhood of Man is no longer a dream. It is a fact that is steadily being woven into the society of mankind. An American mechanic injured by a rusty nail, owes his life to the Japanese, Kitasato, who isolated the germ of Tetanus; a Russian general saved by blood transfusions, is indebted to Landsteiner, an Austrian; a Dutch sailor is protected from malaria because of an Italian, Grassi; while a British statesman escapes death from surgical infection because a Frenchman, Pasteur, and a German, Koch, evolved a new technique.

"Right now millions are being saved from crippling or death because of the work in the U.S. of a Jew named Salk and in Canada of two scientists, Dr. Banting and Dr. Best."



With your help,  
the mentally ill  
can come back

Support your Mental Health Association



## Intercontinental TV possibility

The possibility of intercontinental television over a nature-made pipeline was raised recently by the U.S. air force centre at Bedford, Mass.

The centre said in an announcement that an experimental program by the U.S. navy and air force shows there is a sort of radio pipeline about 5,000 feet above the South Atlantic.

It can carry, with little loss, radio voice and TV-type signals between South America and Africa. The natural pipeline was described as "an elevated transoceanic atmosphere duct capable of trapping and propagating radio waves at low loss."

The South Atlantic radio pipeline is 500 feet thick and exists because of peculiar atmospheric conditions above the trade winds region.

Scientists said a word atmospheric data study points to similar radio ducts between California and Hawaii, Cape Verde and Puerto Rico, in the Indian Ocean, and from the Philippines to Australia.

Other ducts, both north and south of the equator, may exist above the trade winds, the scientists said.

Russell W. Corkum, project engineer at the air force research centre, said it might be possible to send radio voice or TV-type signals from England or Europe to Spain and thence to French West Africa for transoceanic transmission. The United States would be linked by oceanic duct with Puerto Rico.

Allspice is the name given to the dry, unripe berry of the pimento, a small evergreen tree.

When you 'phone  
Long Distance

**CALL BY  
NUMBER**  
for **FASTER** service

PLEASE NOTE:  
Correct answer to previous puzzle

RAY PSI MACON  
IDO AIM OPERA  
ADDENDA NASTY  
TEEN EGGERS  
ADLAI EAT ICA  
MOIST MOOD  
PARENT EMENDS  
OPAL ESEN  
PEW TRI MIAMI  
HOISTS ARAN  
ARISE TALLEST  
RADAR ELI NOR  
AGERS RET ANA

## S.G.T. announces adoption of ANC

Saskatchewan Government Telephones general manager, S. B. Medhurst, said in Regina recently that the All Number Calling Plan (ANC) will be adopted by the corporation in future conversions in the province to the dial system. However, the complete change to the all number scheme will take a few years.

Mr. Medhurst said that the All Number Calling Plan was being adopted because more number combinations can be achieved by it than by the two letter five number system now in use in the province. He said that because of the heavy telephone growth in recent years both office codes and area codes are being used up fast in the United States and Canada, and the two letter five number system would exhaust in the 1970's unless some modification was made. Trials of the all number calling scheme elsewhere have proven satisfactory, he said.

## TOASTED SANDWICHES

For 6 or 7 satisfying plain or toasted sandwiches, chop 6 hard cooked eggs and mix with 3 slices crisp bacon, chopped and a little onion, salt and pepper. Moisten with mayonnaise.

## ITCH STOPPED IN A JIFFY

Very first use of soothing, cooling liquid D.D.D. Prescription positively relieves raw red itch-caused by eczema, rashes, sunburn, chafing, other skin troubles. Greaseless, stainless, 39¢ trial bottle must satisfy or money back. Don't suffer. Ask your druggist for D. D. D. PRESCRIPTION.

## Don't Neglect Slipping FALSE TEETH

Do false teeth drop, slip or wobble when you talk, eat, laugh or sneeze? Don't be annoyed and embarrassed by such handicaps. PASTEETH, an alkaline (non-acid) powder to sprinkle on your plates, keeps false teeth more firmly set. Gives confident feeling of security and added comfort. No gummy, goopy, pasty taste or feeling. Get PASTEETH today at any drug counter.

## SHARPE'S HATCHERY

Sharpe & Co. are pleased to announce that they have taken over the ownership and management of the hatchery formerly known as

**SUN SHINE HATCHERY**  
Moose Jaw, Sask.

A complete line of SHARPE'S Baby Chicks, SHARPE'S Turkey Poults, DEKALB chicks, Nicholas Strain Turkey Poults, Victoria FEEDS, and Supplies will be available at their new location, FAIRFORD STREET WEST, MOOSE JAW.

Call or write to either offices

**W. J. SHARPE & CO. LTD.**

1235 Broad St., Regina, Sask.

Fairford St. West, Moose Jaw, Sask.



Regular broadcasts of the sessions of the Saskatchewan Legislature are heard on Saskatchewan radio stations as shown on the schedule below:

CKRM—Regina	2:45- 4:00 p.m.
CKSW—Swift Current	2:45- 4:00 p.m.
CFSL—Weyburn (CST)	2:45- 4:00 p.m.
CJNB—North Battleford	2:45- 4:00 p.m.
CKOM—Saskatoon	2:45- 4:00 p.m.
CKSA—Lloydminster	2:45- 4:00 p.m.
CHAB—Moose Jaw	6:15- 7:30 p.m.
CKBI—Prince Albert	10:30-11:45 p.m.
CKCK—Regina	10:15-11:45 p.m.

**GOVERNMENT  
OF  
SASKATCHEWAN**



## SHARPE'S HATCHERIES

Order your Baby Chicks and Turkey Poults now and have your Poultry Meat and Eggs available for early markets. SHARPE'S are confident in the early market for poultry products and in their latest price list available now you can read the reasons that we are fairly confident. Write today for your copy of our price list and market information.

	Unsexed	Pullets	March Del. Cockerels
N.H. x W.L.	18.00	37.00	7.00
W.R.; L. Sussex; and Broilers	20.00	32.00	15.00
B. Rock; New Hamp.			
N.H. x B.R.; & N.H. x L.S.	18.00	30.00	15.00
DeKalb "101" and "309"	25.00	50.00	15.00

## SHARPE'S TURKEY POULTS

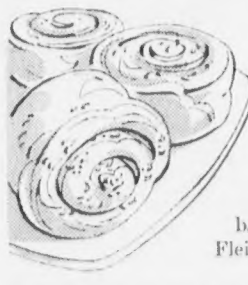
B.B.B. and Hybrids 75.00 Sex Linked Auburns 80.00  
Belt, Whites (hatched to order) 70.00

less than 100 lots. Quantity Discounts available.  
All prices shown are per 100. Slight additional charges for

**W. J. SHARPE & CO. LTD.**

1235 BROAD STREET

REGINA, SASK.



## Inesistible!

Rich, fudgy filling and topping with bits of coconut right through. When you bake at home always use Fleischmann's Active Dry Yeast.

## COCONUT-BUTTERSCOTCH BUNS

1. Scald  $\frac{3}{4}$  c. milk  
Stir in  $\frac{1}{2}$  c. lightly-packed brown sugar  
 $1\frac{1}{2}$  tsps. salt  
 $\frac{1}{8}$  tsp. baking soda  
 $\frac{1}{4}$  c. butter or Blue Bonnet Margarine  
Cool to lukewarm.
2. Measure into large bowl  $\frac{1}{2}$  c. lukewarm water  
Stir in 1 tsp. granulated sugar  
Sprinkle with contents of 1 envelope Fleischmann's Active Dry Yeast  
Let stand 10 mins., THEN stir well.  
Stir in lukewarm milk mixture, 2 well-beaten eggs  
 $2\frac{1}{2}$  c. once-sifted all-purpose flour  
Beat until smooth and elastic.  
Work in an additional 2 c. (about) once-sifted all-purpose flour
3. Turn out on floured board; knead until smooth and elastic. Place in greased bowl. Grease top. Cover. Let rise in warm place, free from draft, until doubled in bulk—about  $1\frac{1}{4}$  hrs.
4. Combine  $\frac{1}{2}$  c. soft butter or margarine  
 $1\frac{1}{2}$  c. lightly-packed brown sugar  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{4}$  c. cream  
 $\frac{3}{4}$  c. cut-up shredded coconut
5. Punch down dough. Knead on floured board until smooth. Cut into 2 equal portions. Roll into two 12" squares. Spread with coconut mixture. Roll up, jelly-roll fashion, and cut each roll into 9 slices. Place in 2 greased 8" square pans, a cut side up. Grease tops. Cover. Let rise until doubled—about  $\frac{3}{4}$  hr. Bake in mod. oven, 350°, 25 to 30 mins. Yield:  $1\frac{1}{2}$  dozen buns.





## Carbon

LONG YEARS AGO

—By H. M. I.—

Continued from front page

suit of blue serge with socks to match, etc., and never a word about the bride.

It is most unfortunate that due to the social conditions under which we live I dare not write of many of the pieces of humor that I have witnessed and been told of. If I were to, I would be run out of Carbon.

### CARD OF THANKS

I wish to express my sincere thanks to our relatives and friends for their get well cards and flowers sent to my husband during his long illness in the hospital. They were most appreciated.

Mrs. Henry G. Kary,  
Vancouver, B.C.

## GREEN



## ACRES

By S. W. PETTEM, Dist. Ag.

### PUBLIC MEETING

A meeting of interest to many farmers and their sons will be held in the Social Credit Hall, Drumheller on March 15 commencing at 2 p.m. The following program has been arranged:—Mr. Jim Kergan will speak on "Father and Son Agreements". Mr. Ed Neff will deal with "Estate Planning". To bring us up to date with the Farm Credit Corporation, Mr. Wm. Errington, the Local V.L.A. Supervisor, will be present.

### YEAR ROUND WEED CONTROL

Weeds are responsible for more crop losses in Alberta than all other factors put together. The average loss is about \$1000.00 per farm per year. This figure is based upon a conservative estimate of a \$5.00 per acre loss. These crop losses could be considerably reduced by the implementation of a well planned weed control program, says Alberta's Supervisor of Soils and Weed Control, W. Lobay. A program of this type, however, necessitates year round attention to the weed problem. Start now by planning to plant weed free seed this spring. Either buy clean seed or have your own seed cleaned. There are 34 Municipal Seed Cleaning plants in the Province and many of them have reduced winter rates for cleaning grain. They will also treat your grain which will ensure that the seedlings have good protection so that they can get a head start on the weeds.

Careful handling of screenings is an important point to remember at this time of year. If they are scattered by either wind or live stock, all the results which may have been achieved during the year by a carefully planned weed control program will be quickly undone.

It is not too early to check ploughs, discs, cultivators and weed sprayers. Make any necessary repairs or adjustments now! A well adjusted weed sprayer which operates efficiently will save both money and time for its owner next summer.

This is also a good time to discuss weed problems with District Agriculturists and Field Supervisors. From these discussions both general information and specific advice on particular problems can be obtained. Much valuable assistance is also to be gained from the Agricultural Service Board programs whose services are available throughout Alberta. A well planned weed control program is much more effective than a haphazard one, says Mr. Lobay. So plan your weed control program now and thus reduce your losses.

## Beiseker

Mr. Arthur Berreth is presently attending the third annual Rural Leadership Conference at the Banff School of Fine Arts. This is a two week course sponsored by the United Grain Growers and obtained by merit.

The Ladies Bridge Club met at the home of Mary Velker on Tuesday March 1st. The honors went to Mary Velker, Kaye Wald and Lizzie Selzier. A delicious lunch (Halupsi) was served by the hostess. The Club will meet again on March 15 at the home of Mary Hagel.

BORN—To Mr. and Mrs. Joe Miller, a daughter on Feb. 25 at the Linden Nursing Home. Congratulations.

Mrs. Jake Selzier returned Monday night from Duncan, B. C. where she spent about ten days with her sons Leo and Jackie and their families. She attended a banquet by the Kiwanis Club at which Leo was presented a plaque as being the "Kiwanis of the Year". It came as a complete surprise to him when his mother walked in from a sideroom during the telling of his life's story from a TV series of "This is Your Life".

Mrs. Agatha Velker, son Lawrence and girls and Miss Barbara Hagel motored to Medicine Hat Saturday to attend the ceremony of clothing and religious profession of her daughter Eileen, now Sister Mary Agatha at the convent of the Sisters of Charity of St. Louis at Medicine Hat.

About 160 people attended the Pancake Supper on Shrove Tuesday served by the Beiseker Lions Club and they were mighty good and tasty. Too bad many were kept away by the below zero temperatures. The proceeds will be used for Lions Club High School Scholarships.

Mrs. A. A. Wald, President of the Beiseker Branch of the Canadian Red Cross and Mr. Matt Schmaltz Campaign Chair-

man attended the annual meeting of the Alberta Division of the C.R.C.S. at the MacDonald Hotel, Edmonton on Feb. 25th and 26th. Mrs. Wald was re-appointed as a member of the Provincial Executive.

## ACME

Jerry Hopcraft was driving Clarence Spooner's truck with a load of cattle on Thursday evening south of Irricana when the truck was rammed from behind by a car driven by a Saskatchewan man. The impact blew one tire, cut another and knocked the box loose from the truck. The car was wrecked but the driver was fortunate to escape with facial cuts and abrasions.

The Acme Mixed Bonspiel was won by the John Yellowlees, Myrtle Emery, Art Taylor, Lucille Taylor rink. The

Orville Schneider rink won the second event. Results follow:

### FIRST EVENT

1. John Yellowlees.
2. Larry Wilson.
3. Ed Carman.
4. Art Hunter.

### SECOND EVENT

1. Orville Schneider.
2. Harley Gibson.
3. Bob Hannah.
4. Lorne Minchin.

The Acme Chamber of Commerce and Agriculture met on Tuesday night with a very good attendance. President Eric Leigh was in the chair. The meeting was addressed by Charles Kennedy, President of Calgary Chamber of Commerce and manager of Calgary Stockyards who spoke on the livestock market. Mr. Kennedy advocated free enterprise with a minimum of government control or subsidies. He said the outlook is for higher hog prices with beef prices holding or advancing slightly.

At the regular meeting of the Acme Village Council on 1st March, 1960 the question of installing water mains throughout the village or the drilling of an additional water well was discussed. As the water level in the present village well has been becoming progressively lower it was decided that a water well should be obtained. It would also be appreciated if there was more co-operation from the water users in the conservation of water.

A tentative date for the annual meeting of taxpayers was



### THE GREENS MADE IT ALL RIGHT!...

all \$100,000 of it. Mind you it took Mr. Green 18 years — and that's what he made, not what he kept. Like the Greens, most of us in our lifetime will earn more than this imposing pile of bank notes. Question is: how much will we keep? Systematic saving at the B of M helps you keep more of what you make. Just one of those 100,000 dollars will open a savings account for you. Keep it strictly for saving, and there's one thing you can say for the money you put into that account... you have really got it made.



## BANK OF MONTREAL

Canada's First Bank